

# Into the wild

## LOST IN THE WOODS HOW DO YOU SURVIVE?

### Join Us - ELITE SURVIVAL - on our Unforgettable Woodland Survival Course

Picture the scene. You're miles from home, surrounded by remote woodland. You have no shelter, nowhere to lay your head, no mobile phone and limited food and water. The weather doesn't look great and you're getting scared. Can you survive?

With our Full Day or 24 Hour Woodland Survival Course, you'll learn all the survival basics - *and* have fun along the way.

#### **Tell Me More - Where do our Woodland Survival Courses take place?**

We have unique access to 100s of acres of remote woodland in the heart of Surrey.

*Many clients use our Woodland Survival Courses as pre-expedition training - preparing for much more lengthy and rigorous expeditions.*

#### **What can I expect from the course?**

We've designed these courses to give you an unforgettable taste of Woodland Survival. What's more, you'll be able to transfer the skills you learn to any remote environment - jungle, desert, mountains or arctic.

#### **Full Day & 24 Hour Course**

Having gathered at our location, we begin our adventure by learning about our essential survival kit. Then we'll set off, plunging into the heart of the woodland. At this point, your imagination will kick in. You'll be disorientated and surrounded by trees and shrubs. Your thoughts will turn to the matter of survival. You'll learn about -

- *Fire Skills* - how to make a fire with only the most basic of materials - whether wet or dry
- *Survival Psychology* - why a positive attitude is crucial. How to find items to help you in your quest for survival
- How to find and conserve water
- *Navigation* - how to navigate with a compass and by the sun and the stars
- Aboriginal Cooking ( 24 hr course only)
- *Signalling for Help plus Search & Rescue* - How to attract help and how to find lost (and possibly injured) team members
- *Shelter Building* - How to build a shelter from whatever materials Mother Nature provides
- Expedition and survival kit demonstration. Useful items to have on you when exploring remote parts of the world.

**Each of these sessions entails clear instruction and demonstration, followed by the opportunity for you to have a go for yourself.**

The 24 Hour Course includes more detailed instruction on Shelter Building and Camp Fire Cooking.

You'll be putting all your new found skills into practice. You'll build your own shelter and cook your own food over your own fire.

The following morning, you'll round off the course by bringing together everything you've learned in the past 24 hours and you'll perform a Search and Rescue on a lost team mate.

*Throughout the weekend, our expert trainers will be there to instruct, advise and to make sure you have great time.*